

# *Metta and Mindfulness: The Wings of Meditation*

Saturday, February 4, 2012  
with Chris Murray and Terri Cotts  
Many Waters Wellness Center  
10:00 – 4:00 p.m.  
\$30.00

The day will include:  
Noble Silence  
Sitting meditation  
Walking meditation  
Lovingkindness meditation  
Dharma Talk on the wings of meditation

Please bring your own meditation bench or cushion (if you have one). **Bring a sack lunch**, tea will be provided. Wear comfortable clothing and prepare to be silent for the day. This is a wonderful opportunity to rest your body and mind and deepen your meditation practice.



**Terri Cotts** has practiced Vipassana meditation since 1985, attending numerous 5 and 10-day retreats along with 3 thirty-day silent retreats. In 1993, she took her Buddhist vows with Thich Nhat Hahn and in 1996 trained in master level courses at Naropa Institute. She has been leading courses in Buddhist meditation and retreats since 1994.

**Chris Murray** has practiced meditation since 1969 with a daily Buddhist meditation practice since 1975. He began practicing Insight Meditation in 2004, and has spent two to three weeks on retreat each year for the past 10 years. He is the founder/leader of Insight Meditation of the Mid-Columbia in Tri-Cities and is a volunteer with the Coyote Ridge Buddhist Sangha at the State Prison in Conell. For 5 years he has offered daylong retreats and classes in the mid-Columbia.

To register: send payments to Terri Cotts, 326 Newell St., Walla Walla, 99362  
For questions please contact [terricotts@bmi.net](mailto:terricotts@bmi.net) 525-9058